

A colorful border of various fruits surrounds the central text. At the top left is a basket of strawberries. Next to it are lemons and purple grapes. On the right side, there are peaches and green pears in a basket. At the bottom right are oranges, green grapes, and red apples. On the left side, there is a pineapple and a bunch of yellow bananas.

# Grant County Health District

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## Nutrition Education Resource Library



# Fit For Life

## Nutrition Education Resource Library



We at the Grant County Health District Fit For Life Nutrition Program would like to provide long-term nutrition education services to other agencies in the county. We have collected numerous educational resources which we have compiled into a resource library, making many educational tools available for loan. We would like to invite you to view the following pages, which list the items that we have available for use in your nutrition education efforts. We offer this library as a free-of-charge resource to assist you in your attempt to improve the nutritional habits of Grant County residents.



# Using the Check-Out System

- 1) Select the item(s) that you are interested in borrowing.
- 2) Call the Grant County Health District and talk with our nutrition educator listed below:

Ephrata Office: (509) 754-6060 ext. 16- **Judy Potter, Public Health Nurse**

- 3) Information Needed:

Your Name and Agency

Name(s) of item(s) you would like to borrow

Office (Moses Lake or Ephrata) where you would like to pick up the items

Approximate Pick Up and Return Dates

- ◆ All items are loaned for a maximum of a two-week period. Please talk with Judy if you would like to make other arrangements.

**Moses Lake Office  
1021 W. Broadway  
Moses Lake, WA 98837  
(509) 766-7960**

**Ephrata Office  
Grant County Courthouse  
35 C ST SW  
Ephrata, WA 98823  
(509)754-6060**

- ◆ For other questions regarding the Grant County Health District Nutrition Resource Library, please contact our nutrition educator as listed above.

**We hope that you enjoy these wonderful nutrition education resources and that they are beneficial to you in your efforts to provide nutrition education to the residents of Grant County!**

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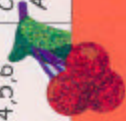






## CURRICULUMS

Number	Curriculum	Description	Pieces	Age	Organization
001	Choose a Healthy and Active Lifestyle	A nutrition and activity program	1 booklet	Grades 1-5	WA State Apple Commission
002	Eat Plenty of Fruits, Veggies, and Grains	A nutrition activity program	1 booklet	Grades 1-5	WA State Apple Commission
003	Homecooking: Toward Independence in Cooking	Teaching cooking independence	1 spiral bound instructor's guide 1 3-ring display picture cookbook	all	Attainment Company
004	Teach 'em 5-a-Day: 5 -a-Day Tool Kit	5-a-Day activities	1 spiral bound book	k-2 <sup>nd</sup>	Utah DOH
005	Cooking Up the Pyramid: An Early Childhood Nutrition Curriculum	A healthy cooking, nutrition curriculum for young children	1 three-ring binder	Pre- Early Elemen.	Clinical Nutrition Services
006	The Food Groupies: Breakfast Clubbies	A program that teaches children the importance of breakfast	Teacher's guide, 4 videos	Young Elemen.	Food Groupie, Inc.
007	The Food Groupies	A nutrition education program that teaches the five food groups	3 videos, 1 audio cassette, book, spinner, teacher's guide	Pre-school- Grade 1	Food Groupie, Inc.
008	Fueled For Flight	A program that compares the nutritional needs of the human body to a space shuttle.	Flight manual log, teacher's guide, video	Grades 4, 5, 6	National Cattlemen's Beef Association



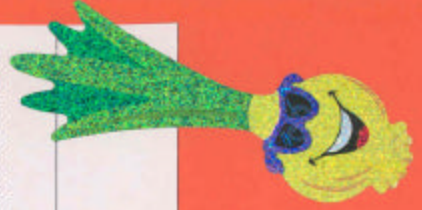


009	Fruit and Vegetable 5-A-Day Activity Kit	A program that focuses on the importance of 5-a-Day	Balloons, card deck, felt pieces, f/v stickers, 5 booklets	3-9	Yummy Designs
010	The Food Groupies: Breakfast Clubbies	A program that teaches children the importance of breakfast	Teacher's guide, 4 videos	Young Element	Food Groupie, Inc.
011	Tickle Your Appetite: Team Nutrition Educator's Kit For Children	Teaches children to eat a variety of foods, decrease fat intake, and increase fruit, veggies, and grains	Video, audio cassette, 3-ring binder, educator Kit	Ages 2-5	US Department of Agriculture
012	Community Nutrition Action Kit	A nutrition education resource book including youth/family/community activities	Resource Notebook, audio cassette	All Ages	US Department of Agriculture
013	5-A-Day Power Play	Emphasizes the importance of eating five fruits and vegetables a day	Resource notebook, stickers, brochures, poster, audiocassette	4 <sup>th</sup> & 5 <sup>th</sup> grades	California Public Health Foundation
014	Getting a Head Start With 5-A-Day	Emphasizes the importance of eating five fruits and vegetables a day	Fun kit, video	Ages 4-5	Eat Right Montana
015	Childhood Obesity: Breaking the Cycle	A curriculum showing parents ways to incorporate healthy foods into their child's diet	3 videos, teacher guide, curriculum booklets	High School-Adult	United Learning

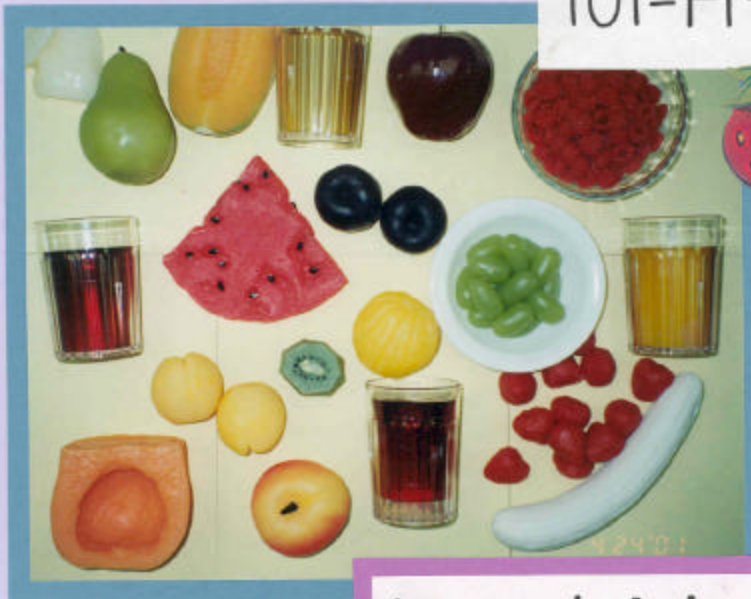




016	Pyramid Explorations	Emphasizes the five food groups and the importance of each to the human body	Student wkbs, pyramid tear-offs, poster, teacher guide	Upper Elemen.	National Dairy Council
017	Munchsters Talk About Food	Pre-School Nutrition Program	Master Copies, 6 poster activities	Pre-School	National Cattlemen's Beef Association
018	Team Nutrition's Teacher Handbook: Join the Team	Lesson Plans for Nutrition Education	Guide book, 2 audio cass., 1 video	Pre School-5 <sup>th</sup> Gr.	USDA
019	Beginning Health and Nutrition	Curriculum/resource kid for lessons on nutrition and general health	1 box of educational resources	K-2	World Class Learning Materials
020	Supermarket Savvy	A curriculum that teaches ways to economically shop for healthy, low fat foods-Powerpoint presentations printable hand-outs	1 CD-ROM	High School-Adult	Linda McDonald Associates, Inc.
021	Cooking Demo II	A curriculum teaching healthy cooking habits, including both healthy and fast recipes	1 Binder	Adult	Food and Health Communications
022					

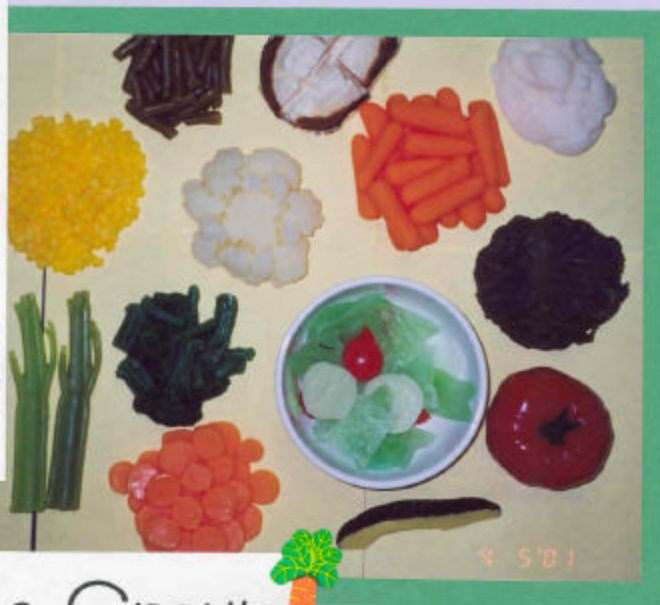


## 101-Fruit Group



## Food Model Kits

The food model kits consist of life-like food models that can be used as demonstrations of different types of foods and servings sizes. These food models are not intended to be used as items for children to play with or handle.



## 102-Vegetable Group







## 103-Mexican-American Ethnic Foods



## 104-Grain Group



## 106-Fats and Sweets



## 109 Food Pyramid

A clear acrylic, shelved pyramid that can display the food models in the proper category of the food guide pyramid.

## 108-Protein Group

## 107-Dairy Group





# BOOKS



## BOOKS

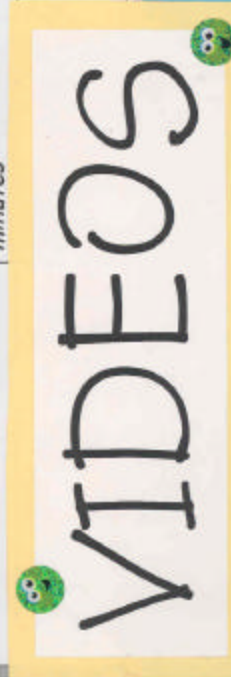
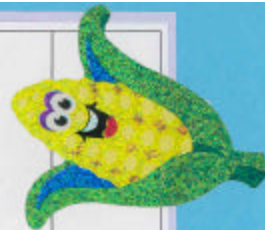
Number	Food Kit	Description	Pieces	Age	Organization
201	"Join the Fruit and Vegetable Party" Activity Book	Fun fruit and vegetable activities	1 spiral bound book	Pre-school, 1 <sup>st</sup> /2 <sup>nd</sup> grades	Yummy Designs
202	Healthy Snacks	Recipes for healthy snacks	1 book	All	Totline Publications
203	Feed Me I'm Yours	Baby food made easy. Delicious, nutritious, and fun things you can cook up for your kids.	1 spiral bound book	Adult	Meadowbrook Press
204	The Very Hungry Caterpillar	A picture book about a caterpillar and his eating habits.	1 hardback book	Early Elem.	Philomel Books
205	Growing Vegetable Soup	Picture book about growing vegetables.	1 soft-back book	Early Elem.	Voyager Books

206	Growing Vegetable Soup (Spanish)	Picture book about growing vegetables.	1 soft-back book	Early Elem.	Voyager Books
207	Cooking Art: Easy Edible Art for Young Children	Food activities/recipes for young children.	1 soft-back book	Pre-school/ Elem.	
208	How Are You Peeling? Foods With Moods	Picture book containing fruit and vegetable faces.	1 hardback book	All	Arthur A. Levine Books
209	Nutrition Activities for Preschoolers	Nutrition lesson plans for preschool kids.	1 soft-back book	Pre-school	Dale Seymour Publications
210	Eating the Alphabet: Fruits and Vegetables From A-Z	A giant picture book that labels fruits and vegetables	1 large soft book	Pre School- 2 <sup>nd</sup> Gr.	Harcourt Brace Big Books
211	Kids Get Cooking	Fast and fun recipes promoted by movie stars and athletes	1 spiral bound book	Ages 5 and up	Produce for Better Health Foundation
212					
213					
214					
215					



## VIDEOS

Number	Title	Description	Pieces	Age	Organization
301	What's On Your Plate	A claymation video about healthy eating. <i>14 minutes</i>	1 Video, 1 Poster	Elemen.	McDonald's
302	Stock Your Kitchen for Fast and Easy Heart Healthy Meals	Time-saving techniques for fast, healthy meals. <i>22 minutes</i>	1 Video	HS-Adult	Food and Health Communications
303	Supermarket Smarts: The 5-A-Day Way	Smart Shopping for fruits and vegetables. <i>11 minutes</i>	1 Video, 1 Booklet	HS-Adult	Boyd Productions
304	Supermarket Smarts: The 5-A-Day Way - <u>Spanish</u>	Smart shopping for fruits and vegetables. <i>11 minutes</i>	1 Video, 1 Booklet	HS-Adult	Boyd Productions
305	Come for Menos (Eat for Less)	How to economically select healthier foods. <i>13 minutes</i>	1 Video	HS-Adult	Crommie and Crommie
306	Janey Junkfood's Fresh Adventure	A video teaching healthy nutrition habits to young viewers.	1 Video, 1 Activity Guidebook	K-8	Foodplay Productions
307	El Peso: Manteniendo un Equilibrio Sano (Weight: Maintaining a Healthy Balance)	Discusses the importance of weight control and dietary guidelines. <i>12 minutes</i>	1 Video	HS-Adult	KNB Productions
308	Bocadillos para Niños (Smart Snacking for Children)	Discusses ways to incorporate healthy snacking into a child's diet. <i>12 minutes</i>	1 Video	HS-Adult	KNB Productions
309					







#### 401-Five-A-Day Bingo, English

A bingo game that will test your fruit and veggie knowledge  
Ages Preschool and Up



#### 402-Five-A-Day Bingo, Spanish

Ages Preschool and Up



## Hands-On Activities and Teaching Aids

Games, hands-on teaching equipment, and other types of resources that can assist you in presenting nutrition information to all audiences.

404-Nutrafruit Heroes: Stuffed fruit characters, story book, and activity book  
Ages Preschool-2<sup>nd</sup> Grade



403-Food Pyramid Bingo: A bingo game that will test your knowledge of the food guide pyramid.  
Ages 8-Adult







405-Food Groupie Friends  
Stuffed members of the food  
guide pyramid  
Ages Preschool-2<sup>nd</sup> Grade



406-Food Group Wooden Puzzles  
A puzzle for each of the 5 food groups  
Ages Preschool-1<sup>st</sup> Grade



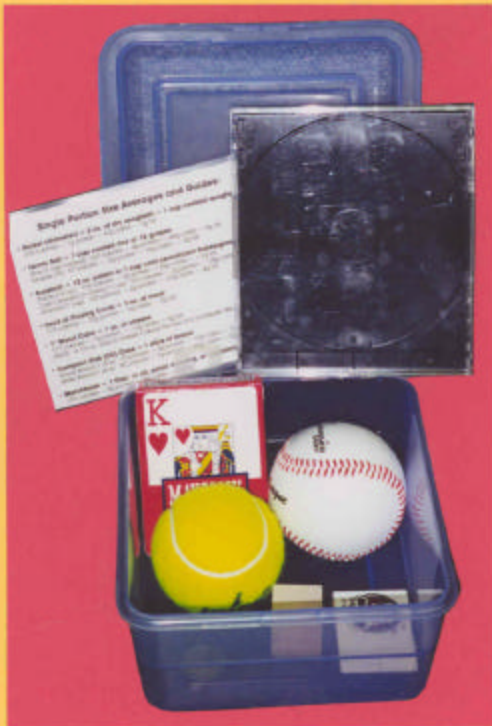




407-Fruit Seedies: Bean-Filled Fruits  
Ages Preschool-2<sup>nd</sup> Grade



408-Vegetable Friends: Stuffed Vegetables  
Ages Preschool-2<sup>nd</sup> Grade



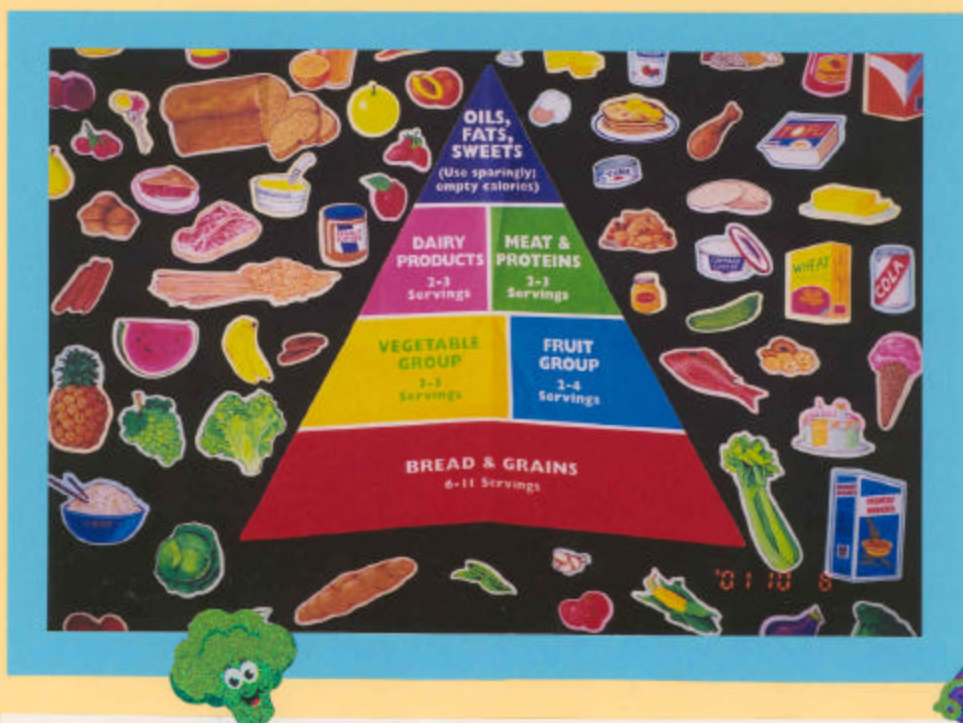
411-Serving Portions Kit  
Can be used to demonstrate  
appropriate serving sizes  
All Ages



409-Fruit Educational Rubber Stamp Set  
410-Vegetable Educational Rubber Stamp Set  
All Ages







414- Flannel Food Pyramid with Flannel Foods

415- Plastic Fruits and Vegetables:  
A bag full of a large variety of hard plastic fruits and vegetables.

413-Food Pyramid Pursuit: Educational game with gameboard that teaches nutritional information. Ages 10-15

412-Big Photo Food Flashcards: Flashcards showing pictures of foods from all categories of the food pyramid





416  
Fruit and Vegetable  
Costumes



This Project Was Made Possible By:



# The Grant County Health District Nutrition Education Program

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